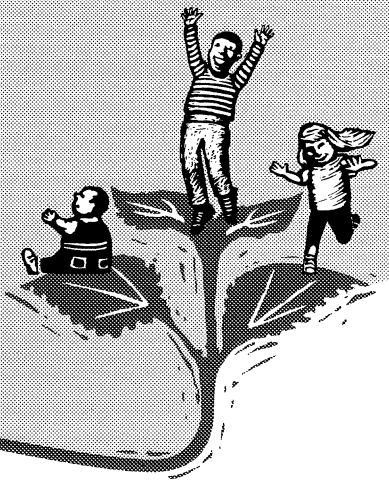
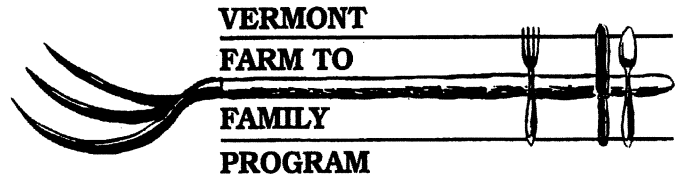


# Growing Healthy Families



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Vermont Department of Health • 1-800-464-4343 x7333  
[www.healthyvermonters.info](http://www.healthyvermonters.info)

## Enjoy summer's harvest with Farm to Family



Farmers' markets are full of a variety of vegetables and fruits this time of year. The Vermont Farm to Family Program offers coupons for free vegetables and fruits at your local farmers' markets. Don't miss out on this great opportunity. See the insert of this newsletter for dates and times when you can pick up Farm to Family coupons.

**Have fun with your child at the farmers' market.** Ask your child to choose vegetables and fruits he would like to try. Talk about the vegetable or fruit with your child:

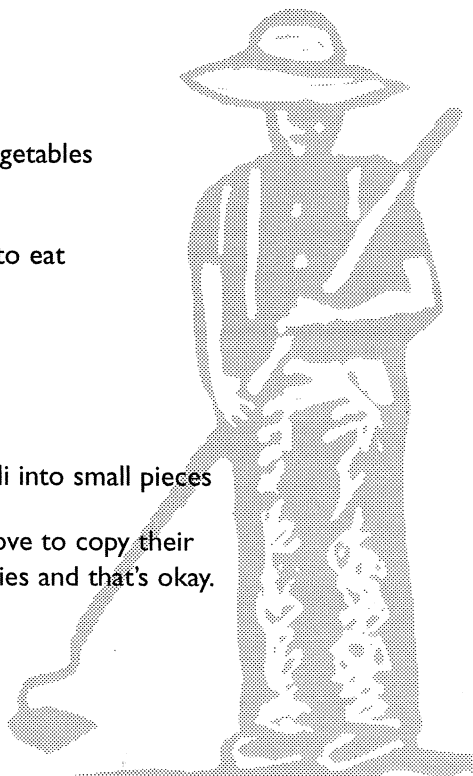
- How does it grow?
- How does it smell?
- What does it look like?
- How does it feel?
- What color is it?

You may be pleasantly surprised that your child may be willing to try vegetables and fruits that are new to her or that she didn't like before.

**Involve your child in cooking and preparing foods.** Children like to eat what they help cook. Your child will enjoy helping you:

- Wash vegetables in a sink of water
- Stir salads together
- Break green beans in half
- Remove seeds from melons
- Husk corn on the cob
- Add vegetables to soup
- Remove peas from pods
- Separate cauliflower and broccoli into small pieces

**Taste new vegetables and fruits with your child.** Young children love to copy their parents. Your child may not like every new vegetable or fruit that she tries and that's okay. It's more important that your child is willing to try new foods.



## Garden salads

Looking for meals with variety, lots of nutrition and great taste? Salads are the way to go!

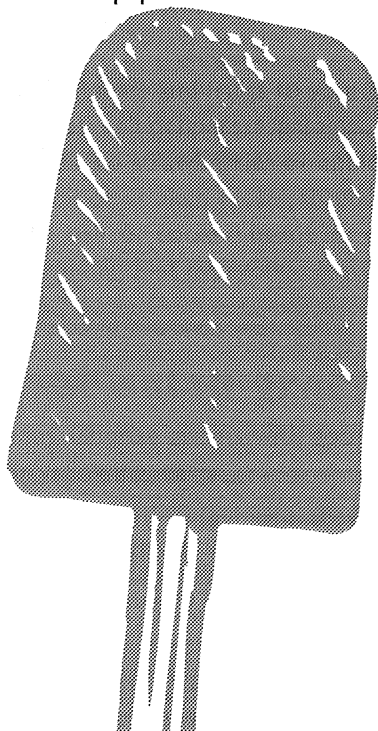
Start your salad with one of the varieties of great tasting salad greens that can be found at farmers' markets and grocery stores.

Choose dark green lettuces. Spinach, romaine and leaf lettuces, as well as other varieties, have much more vitamin A and vitamin C than iceberg lettuce. If your family is not used to dark green lettuce, mix  $\frac{1}{2}$  iceberg lettuce with  $\frac{1}{2}$  spinach, romaine, leaf lettuce, or other variety.

Add plenty of colorful vegetables and fruits to your salad. Try chopped broccoli, tomatoes, bell peppers, asparagus, shredded carrots or cabbage, even sliced strawberries or apples. Top with sliced hard-boiled eggs, deli or cooked meats, shredded or cubed cheese, cottage cheese, or cooked beans for a complete meal. Make it salad bar style and let everyone create his or her own unique salad.

## Choosing your salad greens

- Buy the freshest greens. Choose greens with good color and no wilted, dry or yellowing leaves.
- Greens are almost all water. If they feel light, they may be drying out and will not be fresh.
- Store greens unwashed and packed loosely in plastic bags in the refrigerator.
- Rinse greens in cold water just before using and dry on a clean kitchen towel or paper towels.



### Berry Creamsicle

Serves 6

A cool and creamy treat!

Vermont berries are available through most of the summer months — strawberries from June into July, blueberries and raspberries starting in July through September.

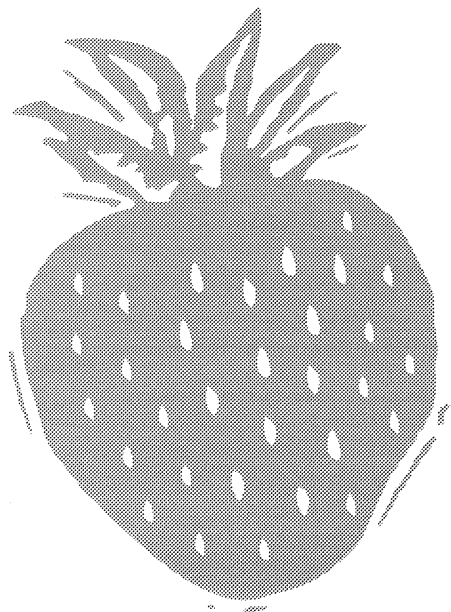
**2 cups low-fat banana or vanilla yogurt**

**1 cup berries** (strawberries, blueberries or raspberries — fresh or frozen)

Combine yogurt and fruit together in a blender. Blend until smooth. Fill small plastic or paper cups  $\frac{3}{4}$  full with yogurt mixture.

Insert a wooden stick or plastic spoon into each. Freeze until firm. To serve, remove creamsicle from cup.

Nutrient analysis per serving: Calories 80, Protein 4 grams, Carbohydrates 13 grams, Fat 1 gram, Sodium 55 milligrams



## Strawberries — a summer treat!

Strawberries not only taste good — they are good for you! Strawberries are a great source of vitamin C, folic acid, potassium and fiber.

Pick up strawberries at the farmers' market or grocery store, or try picking your own — a fun activity for the whole family.

Strawberries are easy to prepare. Just rinse lightly and enjoy.

Extra berries can be frozen for later use. To freeze, rinse berries and remove caps. Place on a tray in a single layer. Freeze for two hours and pack into freezer bags. Frozen berries will be soft when thawed.

Strawberries add color, flavor and nutrition to meals and snacks.

### Strawberry Spinach Salad

Serves 8

Vermont-grown strawberries are available in June and early July. Vermont spinach and other salad greens are available throughout most of the summer.

**1 pound fresh spinach** (or other salad greens), washed and torn into small pieces

**2 cups fresh strawberries, sliced**

**3/4 cup sliced toasted almonds** (optional)

#### Dressing:

**3/4 cup oil** (olive or canola)

**2 tablespoons white vinegar**

**2 tablespoons cider vinegar**

**1 tablespoon minced red onion**

**2 tablespoons sugar**

**3/4 teaspoon paprika**

**1 tablespoon toasted sesame seeds** (optional)

Place washed spinach in a large bowl. Sprinkle strawberries and almonds over spinach. Mix all dressing ingredients together and pour over spinach. Toss well. Serve immediately.

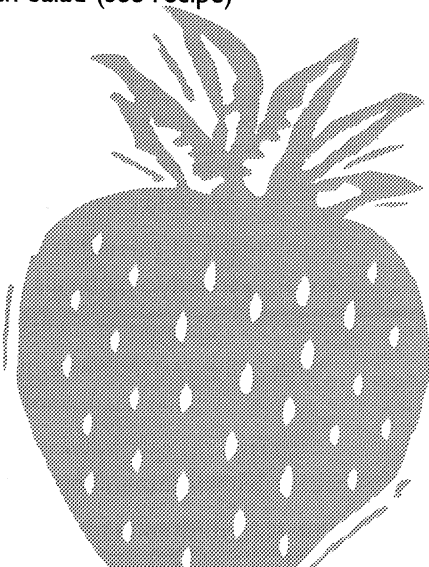
Variation: If you don't have the ingredients for the dressing on hand, substitute bottled low-fat Italian or ranch salad dressing.

Nutrient analysis per serving: Calories 120, Protein 3 grams, Carbohydrates 9 grams, Fat 9 grams, Sodium 45 milligrams

- Slice strawberries on breakfast cereals
- Top pancakes, waffles or French toast with strawberries
- Dip strawberries in yogurt or serve sliced strawberries on top of yogurt
- Cut up strawberries with other fruits for a fruit salad
- Serve strawberries on cottage cheese, pudding or custard
- Blend strawberries with milk and yogurt for a smoothie, or make Berry Creamsicles (see recipe)
- Top green salads with sliced strawberries — try Strawberry Spinach Salad (see recipe)



clip & save recipe!





## **Celebrate breastfeeding! Healthy mothers and healthy babies**

Since 1999, Vermont Governor Howard Dean has proclaimed August Breastfeeding Promotion Month. Breastfeeding benefits moms, babies, families and society. Around the world people celebrate breastfeeding — August 1–7, 2002 is World Breastfeeding Week. Look for activities happening in your community in celebration of this year's World Breastfeeding Week and Breastfeeding Promotion Month.

**NEW!** Find local resources for breastfeeding information and support posted on the Vermont Department of Health's web site:  
[www.healthyvermonters.info](http://www.healthyvermonters.info)

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WIC Program  
Vermont Department of Health  
108 Cherry Street  
P.O. Box 70  
Burlington, Vermont 05402

